



Life After Fifty
Presents...

BETTER Living BODY & MIND



June 20, 2023 9am-4pm
LAF West Side Centre
635 McEwan Ave.

\$20
LAF members
\$25
non-members

A full day of workshops, hand-picked by YOU!

Designed for those age 50+ who are looking to learn / experience something new!

WHAT IS THE EVENT?

Better Living Day (BLD) is an annual signature event at Life After Fifty (LAF) in celebration of Seniors' Month (June).

BLD is a full day of workshops showcasing new and fun opportunities to be well, be fit and be social!

HOW IT WORKS:

All regular LAF programs are cancelled for the day and workshops are hosted in every room of the **LAF West Side Centre (635 McEwan Ave.)** throughout the day!

Participants receive an individual itinerary detailing which workshops they are registered for during each session (2 morning, 2 afternoon).

Registration fee covers all workshops, materials/ supplies and lunch.

REGISTRATION: MAY 30 - JUNE 16
FIRST COME, FIRST SERVED
SOME WORKSHOPS HAVE LIMITED CAPACITY



519 254 1108



www.lifeafterfifty.ca



PICK YOUR TOP WORKSHOP CHOICES

Rank your top workshop choices for each session (2 morning and 2 afternoon workshops) and we will do our best to accommodate your requests.



LUNCH & GUEST SPEAKER INCLUDED

At noon, everyone will enjoy a picnic lunch and some social time to share what you have learned in your workshops so far.

Following lunch, everyone will join in an interactive discussion about living well, living with purpose and intentionally creating legacy every day of our lives.



ENCORE WORKSHOP INCLUDED

All Better Living Day participants are invited to attend an ENCORE workshop - included in your registration fee.

Our Seniors' Month Lead Sponsor, Arbor Memorial, invites you to a workshop on the benefits of pre-planning at their Victoria Greenlawn location, 1525 Hwy #3, Oldcastle, ON.

June 27th 11:30am - 1:00pm.
**FREE lunch will be served.*



9AM

WELCOME/ REGISTRATION

9:45-10:45

WORKSHOP OPTIONS:

- Aromatherapy
- Bracelet Beading
- Cyber Safety & Updates
- 4 Square Pickleball
- Learn to Crochet
- Outdoor Perennials
- Pain Management Exercise
- Watercolour Painting

11-12

WORKSHOP OPTIONS:

- Basketry
- Beginner Cha Cha
- Bracelet Beading
- Drumming Circle
- Outdoor Perennials
- Reflexology
- Skin Care & Makeup Tips
- Therapeutic Touch
- Traveling 101

12 - 1:15

LUNCH BREAK LIVING WELL & CREATING LEGACY

Interactive Discussion

1:15-2:15

WORKSHOP OPTIONS:

- Alcohol Ink Painting
- Aromatherapy
- Cooking for One
- Container Gardening
- Conscious Bodies Method
- Essentrics
- Reiki
- Traveling 101

2:30-3:30

WORKSHOP OPTIONS:

- Alcohol Ink Painting
- Birding
- Container Gardening
- Guided Meditation
- Healthy Smoothies
- StrongerU Strength/ Cardio
- Wild Woman Photography

3:30

CLOSING/ THANK YOU

JUNE
27

ENCORE WORKSHOP!

LEAD SPONSOR:





presents:



2023 Workshop Descriptions

Alcohol Ink Tile Painting

Denise & Hazel: Life After Fifty

1:15pm & 2:30pm

Learn this simple technique to paint a tile trivet that will be uniquely yours!

Aromatherapy:

Nancy Labombard, Certified Aromatherapist

9:45am & 1:15pm

In this workshop we will explore what essential oils are, the basic safety guidelines of use, and how they can regulate emotions & influence mood when inhaled. Each participant will create one custom inhaler that suits their personal needs to their improve well-being.

Basketry

Louise MacDougall: Life After Fifty

11:00am

Enjoy this hands-on experience as you create a simple weave around a metal frame and make your very own basket.

Beading: Memory Wire Bracelet

Nancy Blair: Life After Fifty

9:45am & 11:00am

Learn hands-on how to make your very own string bead bracelet.

Beginner Cha Cha

Denise Aversa: Art of Dance Windsor

11:00am

Let's Cha Cha Chassé into wellness! Join Art of Dance Windsor's Denise Aversa in this fun, and interactive beginner Cha Cha lesson to get you up and moving.

Birding for Health & Happiness

Jennifer Nantais: Pelee Island Bird Observatory

2:30pm

Windsor has recently been designated a Bird Friendly City and is a great place to connect to nature. Learn about the birds around you, to appreciate their beauty and importance in our lives. In addition it can be beneficial to physical and mental health.



presents:



Container Gardening

1:15 & 2:30pm

Denise Butcher: Horticulturist, Arbor Memorial

Learn how to design and create a stunning and professional looking outdoor flower container in a few easy steps. You will learn what plants work the best as a thriller, filler, and spiller!

Conscience Bodies Methodology by Dream Walker Dance

Mary Jo Mullins: Dream Walker Dance Practitioner

1:15pm

Enjoy a movement experience nurturing self-expression through creative guided direction. Learn to listen to your body while exploring what it needs. No dance experience necessary.

Cooking for One

Lee Andrews

1:15pm

Discover how to use some time saving shortcuts to prepare appetizing, nutritious meals. In this delicious demonstration learn how preparing a main protein and combining it with a range of ingredients can reduce your cooking stress and lead to enjoyable meals!

Drumming Circle

Nelson Ing

11:00am

Join in recreational music making with drums and percussion. Raise your spirit, lower stress, improve memory, reflexes, and coordination.

Essentrics

Tina Bayn: Life After Fifty

1:15pm

Participate in this exercise program that works on the lengthening and strengthening of the muscles. Increases your flexibility mobility and strength. It's a gentle form of exercise open to all levels. Ability to get down on the floor is required.



presents:



Exercising for Pain Management

Mitchell Moore: Live Right Fitness

9:45am

Be a part of the conversation! Explore what kind of exercise, scientific discoveries have proven, can slow down and, in some cases, reverse the aging process so you can regain some of what you had when you were younger. If you're someone who has been struggling due to pains in your body, you're not going to want to miss this interactive workshop!

4 Square Pickleball

Life After Fifty

9:45am

Switch up your game for this strategizing, soft-hitting, fun version of pickleball! As the name implies, it combines the school-yard game of 4-square with the popular game of pickleball. Racquets will be provided. Running shoes required. All levels welcome.

Healthy Smoothies

Erica Goodman: Chef Help

2:30pm

Join us for an interactive and delicious smoothie class. Gain a better understanding of nutrition and learn some new recipes to add more fruits and vegetables into your diet. Smoothie style drinks are quick to make and can be enjoyed anytime of the day.

Keeping you Updated & Safe in Cyber-land!

Robert Chaykoski: RC Consulting and Managed Security

9:45am

Join this interactive conversation with a cyber security professional, as you explore home network security; how to decipher text & email scams; and why updates are important and how to run them!

Learn to Crochet

Jeanette O'Brien

9:45am

Learn to crochet by getting started on your very own a chunky Bernat Blanket.



presents:



Meditation

Tina Bayn: Life After Fifty

2:30pm

Join us as you are guided through meditation. Gain a sense of tranquility, peace, and balance that can benefit both your emotional well-being and your overall health.

Outdoor Perennials

9:45am & 11:00am

Denise Butcher: Horticulturist, Arbor Memorial

This hands-on experience will teach you how to properly split and care for your common perennials. From hostas to coneflowers to ornamental grasses & coral bells, get to know the best perennials to divide and add some flower power to your garden year after year!

Reflexology

Kelly Joy-Lyons, RCRT: Registered Reflexologist

11:00am

Learn how reflexology can help reduce tension, improve circulation, and promote the natural function of the related areas of the body. Gentle pressure on specific points helps to promote wellbeing.

Reiki

Kelly Joy-Lyons, RCRT: Reiki Master

1:15pm

Learn about this ancient universal energy healing technique that promotes relaxation, reduces stress & anxiety through gentle touch.

Skin Care and Makeup Tips

Deborah Bartlett: Mary Kay Inc.

11:00am

Enjoy this demonstration of a skin care routine and makeup application for those 50+.



presents:



StrongerU Cardio & Strength Combo Class

Emily Johnson: StrongerU Senior Fitness

2:30pm

Participate in a full fitness class! We'll start by engaging our hearts, lungs, and brains with cardio exercises designed to improve cardiovascular health and help prevent falls. In the second half, we'll engage all of our major muscle groups, and brains, with strengthening exercises set to a fun and familiar playlist.

Therapeutic Touch

Therapeutic Touch Network Ontario

11:00am

Experience and learn about this holistic, evidence-based therapy that incorporates the intentional and compassionate use of universal energy to promote balance and well-being.

Traveling 101

Paula Rigg: Southland Travel

11:00am & 1:15pm

Learn how to book and plan your next vacation, be it near or far. Explore the benefit of bus trips or ways to navigate the changes at an airport. Discover travel alternatives so that your next getaway can be relaxing.

Water Colour Painting:

Jordyn Matthews

9:45am

Join us in a step-by-step workshop on painting a variety of fruit with watercolours. The workshop will cover all of the basics but it is open to all levels.

Wild Women in Photography

Mary Jo Mullins

2:30pm

Learn to make meaningful connections with the environment around you and be inspired by the beauty and power of land, body and nature from an artist's perspective.